

CANARIAN

cooking



art edition



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Even spoilt gourmets never cease to be delighted by the variety of dishes. Canary Island cuisine is the result of the hardship suffered by the islanders, and using a wealth of ideas, enriched by Spanish/ Portuguese and African influences, they created these dishes.

Just about everything which the land and the sea have to give, primarily fresh vegetables, cereals, pulses, fruit and cheese, serves as an ingredient in Canary Island kitchens. Not to forget fish, which is still abundant in the waters surrounding the Canary Islands. Meat does not appear on the menu very often, but when it does, then it is usually either goat, kid or rabbit. All dishes are prepared using very little fat.

Nowadays, with people becoming increasingly aware of the importance of a healthy diet, Canary Island dishes are becoming more and more popular. "Papas arrugadas con mojo", small, wrinkled potatoes with a salty skin, which are served with a tangy garlic sauce, have already become firmly established in several "tapa bars" throughout Europe. The same applies to "albondigas", small meat balls in tomato sauce.

Whether on Gran Canaria, Lanzarote, Fuerteventura or on Tenerife, La Gomera, La Palma or El Hierro, on all of the Canary Islands we find recipe creations which are typical for each individual island.

In this cookery book, I have put together for you the most interesting recipes from all of the islands. As a passionate cook and having been an inhabitant of the islands for many years now, I found it most enjoyable to collect the recipes, try them out and then write them down step-by-step, so that they are easy to follow.

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Beate Timm

Canarian cooking

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art edition canarias

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Papas arrugadas

Canary Island wrinkled potatoes

- 1** *It is best to use small, new potatoes. They are washed, placed in a wide cooking pot and covered with water which has a high salt content. The original recipe is prepared using sea water (see tip below).*
- 2** *Boil the potatoes in the usual manner. Then pour off the water and place the pot back onto the stove.*
- 3** *The rest of the water is evaporated over a low heat, while the pot is gently shaken until the remaining salt has crystallised on the skins and they wrinkle slightly.*



TIP: In order to get the right amount of salt for the water, put the required quantity of water in a pot and dissolve sea salt in the water until a potato which is put into the pot no longer sinks to the bottom.



Mojo verde

The following recipe has two variations. The first one is the "mojo de perejil" (mojo with parsley) and the other one is the "mojo de cilantro" (mojo with fresh coriander).

1 garlic bulb
1 teaspoon salt
200 ml. oil

100 - 200 ml. white wine vinegar
1 bunch parley or fresh coriander
1/2 teaspoon cumin

Canary Island green garlic sauce

- 1** *Peel the garlic and separate the cloves.
Mix the garlic, salt, cumin and 100 ml. vinegar
in a food processor or a blender until all ingredients
have been finely chopped.*
- 2** *Remove the stalks from the parsley or the fresh
coriander and put into a food processor.
Add the oil slowly, mixing all the time.*
- 3** *Taste and add more vinegar as required.*



For the creamy variation of the "mojo verde", put also the flesh of 1 avocado together with the parsley or coriander into the blender.

Mojo rojo (picón)

The quantity of chillies that you use for the following recipe depends on your personal taste. If you like spicy food, use 4 chillies. Perhaps it would be advisable to try with 2 chillies initially.

2-4 dried chillies
1 garlic bulb
1 teaspoon salt
200 ml. neutral-tasting oil
100 - 200 ml. white wine vinegar
1/2 teaspoon cumin
1/2 teaspoon hot paprika
1 pinch saffron



Canary Island red garlic sauce

- 1** *Pour boiling water over the chillies and leave them to soak for 1 hour.
De-seed them and cut into rings. Peel the garlic and separate into cloves.*
- 2** *Put the chillies, garlic cloves, salt, cumin, paprika, saffron and 100 ml. vinegar into a food processor or blender and mix to a smooth pulp.*
- 3** *Pour in the oil, mixing all the time. Add more vinegar according to taste.*

Should you prefer the creamy variation of this "mojo", simply cut raw red pepper into cubes and put these into the food processor together with the chillies and the garlic.





The taste of the following sauce is determined to a large extent by the cheese, so use your favourite cheese. However, it should be really hard (mature). On La Gomera island, the almogrote is prepared with goat's cheese.

Slices of fresh French loaf, dipped into almogrote, accompanied by a glass of wine - a real treat.

Those who are fond of cheese should definitely try this recipe.

Almogrote Gomero

300 g hard cheese

3 - 4 garlic cloves

2 ripe beef tomatoes

1 - 2 chillies

1/2 teaspoon salt

100 ml. olive oil

Cheese mojo from La Gomera

1 *Finely grate the cheese.*

2 *Put the garlic cloves through a garlic press. Blanche the tomatoes with boiling water, peel, de-seed and chop very finely.*

3 *Soak the dried chillies in boiling water for one hour, de-seed and chop them very finely too. In a bowl, mix the cheese, garlic, chilli and salt well.*

4

Pour the oil into the mixture slowly and in a thin stream - as in the preparation of mayonnaise - stirring all the time, until the mixture has a smooth consistency.

Mojo de almendras

For the following recipe, you should use unpeeled almonds and peel them yourself just before preparation, since the subtle almond taste will then be far stronger. Put the almonds in boiling water for about 2 minutes. They can then be peeled easily.

Canary Island almond mojo

75 g peeled almonds
4 slices toast bread (without crusts)
2 - 4 chillies (dried)
2 garlic bulbs
1 teaspoon salt
1/2 teaspoon cumin
1 teaspoon hot paprika
100 - 200 ml. white wine vinegar
200 ml. oil

1

Cut the toast bread into cubes. Coarsely chop the peeled almonds. Roast the bread and the almonds in 1 tablespoon of oil, stirring all the time.

- 2** *Peel the garlic and divide into cloves. Soak the chillies in boiling water, de-seed and cut into rings.*
- 3** *Mix the toast cubes, almonds, chillies, garlic, salt, cumin and paprika with 100 ml. vinegar to a smooth consistency in a food processor or blender.*
- 4** *Pour in the oil, mixing all the time. Add more vinegar according to taste.*

Mojo de naranjas

The recipe for "mojo de naranjas" originated on Gran Canaria, where it is prepared with bitter oranges and served with fish stews. This very special mojo also goes very well with fried fish fillets and poultry dishes.

Canary Island orange sauce

- 1 garlic bulb**
- 1/2 teaspoon salt**
- 1/2 teaspoon cumin**
- 1 teaspoon green pepper spice**
- 1/2 fresh green pepper**
- a little parsley**
- juice of 2 oranges**
- (sweet or bitter oranges according to taste)**

1

Peel the garlic and separate into cloves. Cut the fresh pepper into small cubes. Remove the parsley stalks and coarsely chop the parsley.

2

Crush the garlic, salt, cumin, green pepper, fresh green pepper and parsley in a mortar or mix to a paste in a food processor or blender.

3

Add the orange juice, stirring all the time.





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Puchero Canario

1 small chicken, 1/2 rabbit
1/2 kg. pork chops
1/2 kg. beef (for stewing)
1/2 kg. lamb
1 pigeon
1 partridge
250 g. chickpeas
1 kg. potatoes, 1/2 kg. yams
1 small cabbage, 1/2 kg. carrots
1/2 kg. green beans, 1/2 kg. pumpkin
3 corn on the cob, 2 red peppers
1 onion, 6 cloves of garlic
2 beef tomatoes
1 small cup of oil
1/2 teaspoon of cumin
1/2 teaspoon of powdered saffron
salt, pepper

Canary Island stew

1 Rinse the dried chickpeas overnight in cold water. On the following day, bring to the boil in the water, drain and pour over 2 litres of fresh water. Boil them for approx. 1 hour, until they are done.

2 Cut the meat up and put it in a large saucepan. Cover with water and leave to boil it for approx. 1 1/2 hours.

3 Clean and chop the vegetables. Chop the onion and the garlic finely. Blanche the tomatoes with

boiling water, peel and de-seed, and roughly chop the tomato flesh.

4 *Heat the oil in a pan and lightly fry the onion and the garlic. Now add the tomatoes and the spices and steam for approx. 1 minute, stirring all the time.*

5 *Now add all the vegetables, the tomatoe-mixture, and the chickpeas (with its water) to the meat in the saucepan and season liberally.*

6 *Leave it all to cook for another half an hour at low heat and season again if necessary. Leave to settle a while before serving.*

7 *The liquid of this stew is served seperately as starter dish.*

Potaje de berros

500 g dried haricot beans

2 litres water

500 g salted ribs of pork

100 g streaky bacon

500 g watercress

2 corn cobs

200 g yams, or courgettes (zucchini)

250 g sweet potatoes, 500 g potatoes

1 onion, 5 garlic cloves

1 beef tomato

1/2 teaspoon cumin
1/2 teaspoon hot paprika
Salt, 100 ml oil
A little chopped parsley

*Canary Island
watercress-stew*

1

Rinse the dried beans and soak overnight in cold water.

On the following day, bring to the boil in the water, drain and pour over 2 litres of fresh water. Boil for 1 hour.

2

Cut each corn cob into 4 or 5 thick slices and add to the beans, together with the ribs and the bacon. Add salt and boil for another 45 - 60 minutes, until done.

3

Remove the watercress from the thick stalks and chop.

Peel the sweet potatoes and the potatoes and cut into chunks. Cut the yam or the courgette into pieces too.

4

Peel the onion and the garlic cloves and chop finely.

Blanche the tomato with boiling water, peel and de-seed, and chop.

5

Heat the oil in a pan, lightly brown the onion and the garlic, and then add the tomato, cumin and hot paprika and leave it all on the stove for a short time.

6 When the beans and the meat are almost cooked through, after approx. 45 - 60 minutes, add the onion and tomato mixture, the sweet potatoes and the potatoes, the yam or courgette and the watercress, and allow the stew to simmer gently until the potatoes are cooked through.

7 Allow to stand for 15 minutes before serving.

Potaje de lentejas

Kanarischer Linseneintopf

1/2 kg. lentils, 3 litres of water

1 kg. pork chops (fresh or salted)

4 corn on the cob

1/2 kg. potatoes, 1/2 kg. sweet potatoes

1/2 kg. pumpkin, 1/2 cup of oil

1 onion, 4 cloves of garlic, 2 beef tomatoes

1 handful of parshley (chopped)

1/2 handful of coriander (chopped)

salt, pepper, 1 pinch of powdered saffron

1 Rinse the dried lentils overnight in cold water.

On the following day, bring to the boil in the water, drain and pour over 3 litres of fresh water.

2 Add the meat and the corn on the cob (cut into large slices), and leave it all to cook for approx. 1 hour.





- 3** Peel the onion and the garlic cloves and chop them finely.
Blanche the tomatoes with boiling water, peel and de-seed, and roughly chop the tomato flesh.
- 4** Heat the oil in a pan and lightly fry the onion and the garlic. Add the chopped tomatoes and allow to steam for approx. 1 minute.
- 5** Peel the potatoes, the sweet potatoes and the punpkin and cut all into not too big chunks.
- 6** Now add the potatoes, sweet potatoes, pumpkin and the onion-tomatoe mixture to the lentils, season with parshley, coriander, salt, pepper and saf-fron.
- 7** Leave it all to cook for another 30 minutes at low heat, and season again if necessary. Leave to settle a while before serving.

Ropa vieja

Ropa vieja translates as "old linen" and on the Canary Islands, this stew is nearly always cooked from leftovers, so the ingredients may vary greatly, depending on which leftovers are available.

The following recipe is intended to be used as a "basic idea", so give your imagination free rein when choosing your ingredients.



500 g chick-peas, water
500 g soup beef
500 g potatoes, 200 g carrots
1 Spanish (large) onion, 6 garlic cloves
1 fresh red pepper, 4 beef tomatoes
100 ml olive oil
1/2 teaspoon hot paprika
1 bay leaf
1/2 teaspoon sugar
1/2 teaspoon thyme
Salt, pepper

"Old linnen" - Stew

- 1** *Rinse the chick-peas and soak overnight in cold water. On the following day, bring to the boil in the water, drain and cover again with 3 litres of fresh water.*
- 2** *Add the meat, salt and cook together in the pot. When the meat is done, remove it and cut into small cubes.*
- 3** *Peel the potatoes and the carrots and cut into small cubes, which should be about the same size as the chick-peas.*
- 4** *Peel the onion and the garlic cloves and chop finely.
Blanche the tomatoes with boiling water, peel and de-seed, and chop. Cut the pepper into cubes.*

5

Heat the oil in a large pan, add the onion, then the garlic, pepper, tomatoes and carrots and brown lightly.

Add the meat cubes, the chick-peas, potatoes and all the spices, and cook through, stirring all the time. Add a little of the boiling water from the chick-peas.

6

Cook for approx. 10 minutes, stir-ring all the time. Allow to stand covered for 15 minutes. The stew should have a thick consistency.

Potaje de verduras

1/2 cabbage
1/2 kg. pumpkin
1/2 kg. french beans
1/4 kg. white haricot beans (cooked)
4 fresh corn on the cob
1 big onion
2-3 cooking tomatoes
1/2 kg. sweet potatoes
1 kg. potatoes
6 pickled pork chops
4 cloves of garlic
4 pinches of cumin
1/2 bunch of parshley
1/2 bunch of coriander
approx. 4 l. of meat stock
salt, pepper



Vegetable stew

- 1** *Clean and cut the cabbage, pumpkin and the french beans and cut into not too small pieces. Also clean the corns on the cob and cut them into 2 or 3 slices. Blanche the tomatoes with boiling water, peel and de-seed, and chop them a little.*
- 2** *Heat the meat stock in a big pan and leave it to cook for 15 minutes with the cleaned vegetables, the onion (peeled but not cut), the chops and the beans.*
- 3** *Now add the potatoes and sweet potatoes (peeled and cut up) along with the spices and crushed garlic cloves and leave it all to cook for another approx. 20 minutes, until the potatoes are done. Before serving, leave the stew to settle a while.*

Rancho Canario

250 g chick-peas, 3 litres water
500 g meat (beef and/or ribs of pork (salted),
according to preference)
250 g chicken, 100 g streaky bacon
150 g chorizo (Spanish paprika sausage)
Salt, 100 ml oil
1 Spanish (large) onion, 4 garlic cloves
2 beef tomatoes, 1/2 bunch chopped parsley
1/2 teaspoon cumin, 1 teaspoon hot paprika
1 dl dry white wine, Pinch saffron

1 kg potatoes
100 g short, thick soup noodles

Chick-pea stew

- 1** *Rinse the chick-peas and soak overnight in cold water. On the following day, bring to the boil in the water, drain and pour on 3 litres of fresh water.*
- 2** *Add the meat, the bacon (without cutting it) and the chorizo, season with salt and bring to the boil. When the meat is cooked, remove with a ladle, cut into chunks and set aside.*
- 3** *Peel the onion and the garlic cloves and chop finely. Blanche the tomatoes with boiling water, peel and de-seed, and roughly chop the tomato flesh. Peel the potatoes and cut into chunks.*
- 4** *Heat the oil in a pan and lightly fry the onion, the tomato and the garlic. Add the parsley, cumin and paprika. Steam for a short time and add the white wine.*
- 5** *Add the contents of the pan, the saffron and the potatoes to the chick peas in the pot and cook for approx. 15 minutes, until the potatoes are cooked through.*
- 6** *Put the meat, which had been set aside, into the pot, bring everything to the boil and add the soup noodles. Boil for 5 minutes, stirring all the time. If necessary top up with hot bouillon. Allow to stand for 15 minutes before serving.*





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Before the advent of tourism, fishing was the main source of income for the inhabitants of the Canary Islands. Long before freezers and fridges made life easier here as well, the catches were preserved in sea salt before being processed.

A large proportion of the fish immediately underwent industrial processing, or ended up in cooking pots or pans.

and are "almost" restored to their original state.

Nowadays this method of "dry fish production" has become rather rare, but occasionally one sees washing lines on the Canary Islands that have been put up for fish to be hung out to dry.

The following recipe "Sancocho Canario" is probably the most traditional (original) Canary Island



A considerable portion of the catches was air-dried after being salted, in preparation for the winter months, in which fishing was and still is - often difficult, if not impossible, due to weather conditions.

Thus preserved, these fish can be stored almost indefinitely. Prior to any further processing stages, they are placed in water, swell up

dish using dried fish. For the amateur cooks or anglers among you who would like to have a try at producing dry fish, here is a very simple recipe:

Catch a perch, which should weigh 4-5 kg (or order one at your fish shop). for 48 hours (not in the fridge). Then remove all the salt.

Gut the fish, remove the scales and clean it. Using a sharp knife, gently take the flesh off the larger bones, so that the salt can penetrate everywhere. Rub the fish all over, from the inside and from the outside, with sea salt. Thus prepared, leave it to stand

This fish will not keep indefinitely, but it will be just right for making Sancocho Canario.

Sancocho Canario

Canary Island dried fish stew

**1 perch, prepared
as described above**

4 litres water

1 kg sweet potatoes

2 kg potatoes

Salt

- 1** Before cooking, soak the fish in water for 12-24 hours, in order to remove any excess salt. To do this, place the fish in a large bowl and cover completely with fresh water, which should be renewed 2 to 3 times.

2

Cut the fish into portions of approx. 200g each. Peel the sweet potatoes and the potatoes and cut into thick slices or, if you prefer, leave whole.

3

Bring water to the boil with a little salt. Firstly add the sweet potatoes and the head of the fish. After 10 minutes add the potatoes. When the potatoes are almost cooked, add the fish and allow everything to cook for approx. 10 minutes, until done.



A red (hot) mojo is a must as an accompaniment to this dish! The combination of "sweet" potato and "hot" mojo is so delightful that one could, if need be, do without the fish.

Vieja a la espalda

The parrot fish (*vieja*) is one of the most popular types of fish on the Canary Islands. The male *vieja*, who shows himself off in bright red, is strikingly beautiful. Unfortunately, his female counterpart is not quite as colourful, but is nevertheless just as tasty.

1 vieja (parrot fish) per person
(or as a substitute another type of frying fish)

Salt

Juice of 1/2 lemon

Garlic as liked

Plenty of oil

1/2 bunch parsley

Parrot fish "on its back"

- 1** Gut and clean the vieja, or whichever fish is being used. Cut the fish right open on the stomach side, also cutting through the head, so that the fish stays in one piece and, when opened, is held together by the spine.
- 2** Salt the inside of the fish and sprinkle with lemon juice. Allow to stand for a moment.
- 3** Peel the garlic cloves (at least 4 per fish) and slice.
Roughly chop the parsley.
- 4** Heat plenty of oil (olive oil if liked) in a large pan and fry the fish from the inside (approx. 3 minutes).
Turn and fry on the skin side until done.
- 5** Remove the fish. Fry the garlic slices in the oil in the pan until slightly brown. Add the parsley and brown with the garlic.
- 6** Pour the contents of the pan, with the oil, over the fish and serve immediately.



Experts have varying opinions as to whether the following recipe originated on the Canary Islands or not. Some Canary Islanders maintain that it did, since at that time, vast quantities of sea salt were extracted from the various salt-works.

This may be the case, but wherever the recipe originates, it is well worth trying out.

The type of fish you use depends on your taste or on what is available, but it should be a bulbous fish.

Pescado a la sal

Fish in a salt crust

1 brace, or a similar fish,
weighing approximately 1 1/2 kg

1 lemon

4 kg coarse sea salt

4 egg whites

100 ml water

1 *Rub the inside and the outside of the prepared fish (gutted, scaled and cleaned) with lemon juice and leave it to stand covered in the fridge for one hour.*

2 *Beat the egg whites lightly and mix with the water.
Add the coarse sea salt and stir to a thick paste.*

3 *If you wish, you could now make a fish shape out of tin foil, place it on a baking sheet and fill it with 1/3 of the salt paste.
Place the fish on top and cover with the remaining paste.*

4 *Bake in a pre-heated oven at 200°C for 40 minutes.*

The fish is served whole in the salt crust. At the table, the salt crust is carved all around with a sharp knife (and a little force), so that the top can be removed in one piece.

The following recipe definitely does not originate from the Canary Islands, but it is still to be found on nearly all menus here. "Gambas al ajillo" is so popular that we certainly don't want to withhold the recipe from you. According to the original recipe, "gambas al ajillo" is prepared in a shallow ceramic dish with a lid.

The oil is heated in the dish and if possible over a gas flame. What is practical is the fact that the prawns are also served in this shallow dish.



Gambas al ajillo

Prawns in garlic oil

24 raw, shelled prawn tails

10 or more garlic cloves

300 ml neutral-tasting oil

3 or more dried chillies

Salt

- 1** *Peel the garlic cloves and slice evenly. Soak the chillies in hot water, de-seed and cut into rings.*
- 2** *Heat the oil in a suitable dish. Once the oil is very hot, add the garlic and the chillies and fry gently until the garlic has taken on a little colour.*
- 3** *Add the prawns. When the water has evaporated, cover the dish and remove from the heat. Serve immediately.*

Pescado en escabeche

Unfortunately, this dish is not quite as popular as it used to be, although it is simple to prepare and can easily be stored in the fridge for several days. It is a delicious, light evening meal, particularly on hot summer days.

1 fresh, bulbous fish
weighing approx. 2 kg
Salt
300 ml top-quality olive oil
1 garlic bulb
1/2 kg onions
1/2 teaspoon cumin
2 teaspoons paprika
150 ml vinegar
50 ml white wine
1 teaspoon thyme
1 teaspoon oregano
1 bay leaf

Marinated fish

1

Cut the cleaned fish into 2,5 cm thick slices and salt. Peel the garlic cloves and leave whole. Peel the onions and slice.

2

In a large pan, brown the fish slices from both sides (approx. one minute for each side) in hot olive oil. Remove the fish and set aside.

3

Brown the garlic cloves and the onions in the remaining oil in the pan. Add the vinegar and wine. Add all the spices and boil for one minute.

4

Add the fish slices, which had been set aside, cover and boil for another minute. Remove

the pan from the heat and allow to cool with the lid on.

5

Layer the fish slices in a suitable dish (not a metal dish) and pour the marinade, with the solid ingredients, over the fish. Top up with oil and vinegar if necessary, so that the fish is completely covered. Leave to stand in the fridge for at least 12 hours.







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Conejo en adobo

Marinating meat before cooking is very popular on the Canary Islands. Marinating with vinegar and oil makes the meat particularly tender, and adding different spices and herbs always results in new flavours.

The following recipe is suitable for marinating various types of meat, such as kid, lamb or pork. Marinating even gives chicken drumsticks a characteristic Canary Island flavour.

Marinated rabbit

- 1 rabbit, portioned
- 1 garlic bulb
- 1/2 bunch parsley
- 1 bay leaf
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- 1 chilli
- 1 small glass cognac
- 1 small glass vinegar
- 100 ml oil
- A little saffron
- Salt, pepper
- Oil for frying

1

Peel the garlic and chop finely.

Remove parsley from the stalks and chop finely.

Crumble the bay leaf, thyme and oregano. Soak the dried chilli in boiling water, de-seed and chop finely.

- 2** *Mix the prepared ingredients with the salt, pepper, saffron, cognac, vinegar and oil. Baste the rabbit portions evenly with the marinade.*
- 3** *Layer the marinated rabbit portions in a shallow dish, cover and leave to stand in the fridge for 12-24 hours. Turn the meat several times.*
- 4** *On the following day, remove the rabbit portions from the marinade and fry them slowly in hot oil, turning frequently. Add the remaining marinade while frying.*

Carne compuesta

Canary Island beef stew

- 1 kg beef, salt, pepper
- 1/4 litre oil
- 1 chilli
- 2 Spanish (large) onions
- 4 garlic cloves, 3 tomatoes
- 1/4 litre dry white wine
- 1/4 litre bouillon, 2 tablespoons vinegar
- 1 bay leaf
- 1/2 teaspoon oregano, 1/2 teaspoon thyme
- 1 teaspoon cumin
- 1/2 kg carrots
- 1/2 kg potatoes

- 1** *Cut the beef into fairly large cubes. Soak the chilli (dried) in boiling water for one hour, de-seed and chop finely. Peel the onions and cut each onion into eight wedges. Chop the garlic.*

Blanche the tomatoes with boiling water, peel, de-seed and chop. Peel the carrots and the potatoes and cut into fairly large pieces.

- 2** *Heat the oil in a roasting tin and brown the beef. Flavour with salt and pepper.*

- 3** *Add the chilli, the chopped onions and garlic and fry together with the meat.
Add the tomatoes and the wine, bouillon and vinegar.*

- 4** *Add the bay leaf, oregano, thyme and cumin, bring to the boil, cover and stew over a low heat for 1 1/2 hours.
Add the carrots. After 10 minutes, add the potatoes, cover and cook over a very low heat for another 30 minutes, turning frequently.*

- 5** *Switch off the heat, leave the lid on, and allow the stew to draw for approx. another 15 minutes.*

Pinchitos morunos

**500 g pork, Salt, pepper
2 pressed garlic cloves
100 ml olive oil**



1 tablespoon lemon juice
1 tablespoon paprika
1 tablespoon curry powder, 1/2 teaspoon dried thyme
1 teaspoon dry coriander, 1 teaspoon cumin

Pork kebabs

- 1** *Cut the meat into strips approx. 1/2 cm in diameter. Flavour with salt and plenty of pepper.*
- 2** *Mix the other ingredients to make a marinade.
Pour the marinade over the meat pieces, stir well and allow to stand covered for at least 3 hours in the refrigerator.*
- 3** *Put the pieces of meat onto wooden skewers and grill on a hot grill.*





Albondigas de carne

1/2 kg beef
1/2 kg pork
200 g. bacon
2 hard-boiled egg yolks
100 g. ground almonds
3 cloves of garlic - crushed
2 eggs
1 bread roll softened in some milk
1 tablespoon of Malvasia wine
1 bunch of chopped parshley
salt, pepper, a little nutmeg
a little flour, some oil for frying

For the sauce:

1 cup of olive oil
1 onion, 1 kg tomatoes
1/2 cup of dry Malvasia wine
1 cup of meat stock
a little saffron
1 teaspoon of sugar
salt, pepper
1/2 bunch of chopped parshley

Canary island meat-balls

1 Mince the meat, the bacon and the hard-boiled egg-yolks together.

2 Now add the ground almonds, the garlic and the 2 eggs and mix well.

3

Press out the bread and mix it with the meat. Add the wine and the chopped parshley and season with salt, peeper and nutmeg. Now shape the mixture into small balls (this will be better done with moist hands) and roll them in the flour.

4

Heat the oil in a large frying pan and cook the meatballs until evenly browned, turnig frequently.

Remove the "albondigas" from the pan and keep them warm.

5

To prepare the sauce, peel the onion and chop it finely. Blanche the tomatoes with boiling water, peel and de-seed, and chop. Heat the olive oil in the same pan and brown the onion a little, then add the tomatoes.

6

Steam for a short time and add the wine and the stock. Season with saffron, sugar, salt, pepper and parshley and leave it all to boil until it reaches the desired consistency, turning frequently.

7

Now add the meatballs, that have been kept hot, to the sauce and simmer at low heat, with the lid on for approx. 15 minutes.



Cochino con millo

This recipe originates from the island of Lanzarote. In the original it is prepared with fresh pork chops.

Due to my predilection for roast, I have allowed myself to modify the original recipe, with a result that is at least good.

- 1 roast pork with ribs and bones, (approx. 2,5 kg.)**
- salt and pepper**
- 2 onions**
- 1/2 kg carrots**
- 4 corn on the cob**
- 1/4 l water**
- 1/4 l white wine**
- 1/2 teaspoon of black pepper grains**
- 3 basil stalks, some nutmeg**



Roast pork with corn

- 1** *Season the roast, place in a preheated oven at 200°C and leave for 1/2 hour. Peel the onions and the carrots and cut them, then fry them in a little oil.*
- 2** *Boil the corn on the cob for 10 minutes in 1/4 l of water. Then cut into slices.
Keep the water.*
- 3** *After 1/2 hour, wet the roast with the wine and the corn water and place in the oven for another 1/2 hour. Baste frequently with its own juice.*
- 4** *Now add the fried vegetables and all the spices and continue roasting until the meat is cooked. (approx. 1 - 1 1/2 hour.) Add more water if needed.*

Conejo en salsa

Rabbit in white wine

- 2 kg of rabbit, portioned**
- salt and pepper**
- 1 cup of oil**
- 1 chilli pepper, 1 onion**
- 4 cloves of garlic**
- 1/4 l dry white wine**
- 1/2 l stock from stew or meat**
- the juice of half a lemon**
- 2 bay leaves**
- 1/2 teaspoon of oregano**
- 1/2 teaspoon of thyme**



If you have the possibility to buy "young goat" you have to try this recipe with goat instead of rabbit. Young goat's meat dishes are a real banquet in the Canary islands.

Young goat's meat, whether in sauce or simply roasted, is usually eaten at Christmas.

1 Season the rabbit (or young goat's meat) with salt and pepper

2 Heat the oil in a large frying pan and fry the rabbit until it is golden brown, turning it frequently. Remove from the pan and place in a roasting tray with lid.

3 Peel the onion and garlic and chop finely. Lightly fry it until golden in the same pan, then add the chilli pepper and wet it all with the wine, the lemon juice and the stock.

4 Add all to the roasting tray, season with bay-leaves, oregano and thyme, put the lid on and cook at low heat or in the oven for approx. 1/2 hour, until the meat is tender.





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Ensalada de frutas

If possible, use pineapple and bananas from the Canary Islands for this recipe. Both fruits are very small whe they are growing on the islands, but its flavour is unbeatable.

Canary islands fruit salad

1/2 pineapple, 1 papaya

1 mango, 3 bananas

the juice of 1 orange, the juice of 1 lemon

100 g. bee's honey

2 tablespoons of orange liqueur

sugar to taste

1 *Chop the peeled pineapple, papaya and mango in cubes.*

Cut the bananas in slices and mix directly with the lemon juice.

2 *Put all the fruit in a dish. Mix the honey wit the orange juice and the liqueur. Pour over the fruit and leave to settle a good hour in the fridge. Add sugar to taste.*

Frigoletta

1 litre milk, 1 cinnamon stick

Grated peel of one lemon, 1 teaspoon aniseed seeds

50 g sugar, pinch of salt, 50 g butter

300 g ground maize

3 egg yolks, 100 g raisins

Canary Island ground maize pudding

1 Bring the milk to the boil together with the cinnamon stick, lemon peel, aniseed, salt and butter.

2 Remove from the heat and allow to stand for 10 minutes. Pour through a fine sieve and bring to the boil once again. Sprinkle the flour into the milk and stir with a wooden spoon over a low heat so that the mixture, which should have the same consistency as béchamel sauce, does not burn.

3 Remove from the heat and add the egg yolks, beating quickly all the time. Finally, add the raisins.

4 Pour the mixture into a glass bowl and allow to set in the fridge. Turn out and slice. Pour over honey or sweetened condensed milk as liked..

Ingredients

500 g ground almonds

750 g sugar, 1/2 litre water

Grated rind of one lemon

1/2 teaspoon powdered cinnamon

8 egg yolks

1 Boil the water with the sugar until the sugar has dissolved. Add the ground almonds together with the lemon rind and the cinnamon.

Canary Island almond dessert

2 Stir over a low heat with a wooden spoon until the mixture thickens. Remove from the heat.

3 Beat the egg yolks and add to the mixture slowly, stirring all the time. Stir through well and heat up once again, stirring all the time. As soon as the mixture comes to the boil, remove from the heat, pour into a glass bowl and allow to cool.

LEITE MOSSA

Baked milk

1/2 litre milk, 5 eggs

250 g sugar, Grated rind of one lemon

1 teaspoon cinnamon

50 g ground almonds or

100 g desiccated coconut

1 Mix all ingredients to form a dough. Grease a pudding bowl or baking tin with butter and fill in the dough.

2 Place the bowl or tin in a bain-marie and allow to cook in the oven at 160° for approx. 45 minutes. When the surface is slightly browned, remove the bowl from the oven, allow to cool and turn out.

3 Slice the pudding and serve with caramel sauce or honey.

Small Canary Island pancakes

- 1 litre milk, 6 eggs
- 100 g sugar, approx. 400 g flour
- Grated rind of one lemon
- Grated rind of one orange
- 2 teaspoons aniseed seeds, 1 teaspoon cinnamon
- A little saffron
- 1/2 teaspoon baking powder
- Some chopped parsley, if liked
- Oil for frying



Mix all ingredients to form a pancake batter, which should be thick but drop off the spoon. Allow to rise for 1/2 hour.



Heat a little oil in a pan. Bake small, round pancakes of approx. 6 cm in diameter, baking the "torrijas" on both sides for approx. 1-2 minutes until they are golden brown.



"Torrijas" may be enjoyed warm or cold, covered in honey or sprinkled with sugar.

Canary Island cuisine is the result of the hardship suffered by the islanders, and using a wealth of ideas, enriched by Spanish/Portuguese and African influences. Even spolt gourmets never cease to be delighted by the variety of these dishes.



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